



EXCEL
EYE CENTER

APPOINTMENT REMINDER

Thank you for choosing Excel Eye Center for your eye care.

^{9:00}
____ Rigby, Wendell T _____, your next appointment is scheduled on: ²⁷~~09/08/22~~
at ~~03:00 P~~. You will be seen by Engen M.D., Todd B in our Excel
Cosmetic Surgery Center office.

If you have any questions about your appointment or need to
reschedule please call us 24 hours prior to your appointment at (801)
379-2900

Please remember to always bring your current insurance card and
copay with you to your appointment.

Excel Cosmetic Surgery Center
1735 N State St
Provo, UT 84604-1010
(801) 379-2900

Excel Cosmetic Surgery Center

Medical Information List

If you develop a cold, fever, rash, or **any** medical problem close to your surgery date, it is important for you to notify our office immediately.

Do not take any medication that contains Aspirin for 2 weeks prior to the scheduled date of your surgery. Aspirin affects your blood's ability to clot and could increase your tendency to bleed at the time of surgery and during the postoperative period. Please check the labels of medications that you take (even those available without prescription) to ensure that you do not take Aspirin.

If you need minor pain medication, please take Tylenol. Tylenol is available at your pharmacy without a prescription and has an action very similar to that of aspirin. If you are allergic to Tylenol or unable to take it for some other reason, please notify us so that we might arrange for a suitable substitute.

Please notify the physician if you are taking any vitamins, herbal medications, or natural supplements since these can also cause problems during surgery and should not be taken for 2 weeks prior to surgery.

The following drugs contain Aspirin and/or have undesirable side effects that may affect your surgery (abnormal bleeding and bruising). These drugs should be avoided for at least 2 weeks prior to surgery. If you need to take something for relief of minor pain, you may take Tylenol.

Advil	Darvon (all compounds)	Mobidin	Saleto
Aleve	Dolobid	Mobigesic	Salocol
Alka-Seltzer	Dolprn	Motrin	Sine-Aid/Sine-Off/Sinutab
Alka-Seltzer Plus	Easprin	Multivitamin	SK-65 compound
Anacin	Ecotrin	Nalfon	St. Joseph's cold tablets
Anaprox	Empirin with codeine	Naprosyn	St. John's wort (all
Ansaid	Equagesic tablets	Naproxen	types/brands)
Argesic-SA	Etrafon	Nardil	Sulindac
Arthritis Pain Formula	Excedrin	Nicobid	Synalgos
Arthritis Strength Bufferin	Feldene	Nicorette gum	Tagamet
Arthropan liquid	Florinal	Nicotine patch	Talwin compound
Ascriptin (all types/brands)	Fish Oil	Norgesic	Tenuate Dospan
Asperbuf	Flagyl	Norgesic Forte	Tolectin
Aspergum	Flaxseed Oil	Nuprin	Tolmetin
Aspirin (ASA) (all types)	Garlic	Ocuvite	Toradol
Atomid	Gemnisin	Omega 3 supplements	Triaminicin
Axotal	Ginseng (all types/brands)	Orudis	Trigesic
Backache Formula	Gelpirin	Pabalate-SF	Turmeric
Bayer children's cold tablets	Glucosamine	Pamelor	Vanquish
Bextra	Goody's headache powders	Pamate	Verin
Bio 35	Ibuprofen	Pepto-Bismol(all types)	Vioxx
Brilinta	Indocin	Percodan	Vitamin E (more than
Buf-Tabs	Indomethacin	Persantine	400 units daily)
Bufferin (all formulas) Buffets II	Krill Oil	Phentermine	Vitamin C (more than
Butazolidin	Lanorinal	Phenylbutazone	1000mg daily)
Carisoprodol	Lioresal	Plavix	Voltaren(Diclofenac)
Celebrex	Marplan	Ponstel	Xarelto
Clinoril	Meloxicam	Propoxyphenecompound	Zorprin
Clopidogrel	Methocarbamol with aspirin	Robaxisal	Warfarin (4 days before
Coumadin	Micrainin	Relafen	surgery)
Congespirin Chewable Cope tablets	Midol	Rufen	Speak to cardiologist
CoQ10	Mobic		
Damason P			

1 week before

Warfarin (4 days before surgery)
Speak to cardiologist



EXCEL

COSMETIC SURGERY CENTER

Todd B. Engen, MD
1735 N State Street
Provo, Utah 84604
(801)379.2900

Visual Field Test

Date: _____

Time: _____

You are scheduled for surgery on:

Thursday ~~Sept~~ ^{Oct 20} 27, 2022

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Utah Valley Hospital
1134 N 500 W
Provo, Utah 84604
(801)357.7850

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Central Utah Surgical Center
1067 N 500 W
Provo, Utah 84604
(801)374.0354

- * You will receive a **call the day prior to surgery** from the facility that you are scheduled at with an **arrival time** for surgery
- * You must be **fasting** for surgery, nothing to eat or drink after midnight the night before surgery, unless provided with a different time by the facility you are scheduled at
- * You must have a **driver** on the day of surgery
- * Cosmetic professional fees** are due in full 21 days prior to surgery
**(only if applicable)
(Facility and anesthesia fees due the day of surgery)

-Immediately after surgery, apply **ice** as consistently as possible for the first 72 hours (3 days). (Crushed ice or frozen peas in a baggie with a soft cloth over the eyes works well.) After the 3 days apply heat by using a **moist** wash cloth, directly on the skin, under a heat pack or warm rice bag for 20 minutes, 4 times a day until further instructed.

-Elevate your head for the first 72 hours. Use 2 to 3 pillows or sleep in a recliner chair. A recliner chair works best at a 30-45 degree angle. It is best to sleep on your back or side opposite the operative site, if possible.

-Apply antibiotic ointment to incision sites 2 times per day. **Eyelid** incision should be treated with **ophthalmic** ointment only. Other incisions may be treated with over-the-counter Bacitracin or Polysporin ointments.

-There is a rare chance that you may develop a sensitivity or reaction to the ophthalmic ointment. If this occurs you will seem to be healing fine however, you may experience swelling increase, increase of itching, and, redness of the incisions. If this does occur you should contact the office for further instructions.

-Do not engage in strenuous activity for the first **7 days**.

-NO bending or lifting for **7 days**